

CHAPEL

Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT	CATHOLIC
Nelles Chapel	Nelles Chapel
Sunday Contemporary Service 8:30 a.m.	Weekday Mass 11:30 a.m.
Sunday Gospel Worship 11:15 a.m.	Saturday Confessions 4:15 p.m.
Sunday Praise Gathering 5:30 p.m.	Saturday Mass 5 p.m.
Chapel Center Sunday Traditional 8:30 a.m.	Chapel Center Sunday Mass 10 a.m.
JEWISH	ISLAMIC
Aloha Jewish Chapel, Pearl Harbor 473-0050	Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m.
Jewish Lay Leader Mr. David Bender 527-5877	Muslim Association of Hawaii 947-6263
Naval Station Chapel 473-3971	BUDDHIST
ORTHODOX	Honpa Hongwanji Hawaii Betsuin A Shin Buddhist Temple 536-7044
For more information, call 438-6687	

Crossword puzzle solution

L	L	S	C	O	T	T	I	F
I	D	E	A	C	A	D	R	E
F	E	A	R	O	P	I	U	M
T	A	N	K	E	R	E	P	A
		O	N	T	B	E	T	
C	L	A	N	R	I	O	E	G
C	H	I	P	A	C	T	A	M
H	I	K	E	D	V	E	T	O
A	L	E	D	I	D	O	S	N
R	I	D	D	L	E	S	M	C
		I	O	N	I	I	I	
C	A	R	G	O	A	B	E	N
A	C	E	M	C	G	U	I	R
I	R	S	E	A	R	D	R	U
N	E	T	D	N	A	E	T	A

Get Ready, Get Set, Go!

Great Aloha Run Feb. 21

Health and Wellness Center

Break out your running shoes, your enthusiasm, your determination, and your community spirit. The 2005 Great Aloha Run is coming up soon.

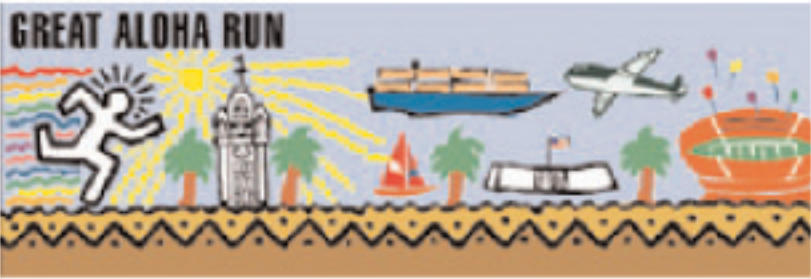
The 21st Annual Great Aloha Run is President's Day, Feb. 21, at 7 a.m. The 8.15 mile relatively flat course starts at Aloha Tower in downtown Honolulu, winds its way along the historic harbor, down Nimitz Highway, Kamehameha Hwy, and on to Aloha Stadium. Aid stations at the 3, 5, and 7 mile marks and the finish line are always well-manned with cheerful volunteers.

If you run you'll not only be doing something good for yourself, but the local community as well. Proceeds from the Great Aloha Run benefit a variety of organizations. Last year the Great Aloha Run donated more than \$200,000 to approximately 100 local charities and organizations.

The fee for Military (active duty, family members, and DoD employees) is \$20. Regular entry is from Dec. 7 to today. Late entry fee, from Saturday to Feb. 4, is \$30 and entry at the Great Aloha Run Expo from Feb. 18 to 20 is \$40.

For people who miss today's early sign-up deadline there will be a sign-up booth at the B-xtra from 10 a.m. to 1 p.m. Saturday. They will honor the \$20 military entry fee.

It definitely pays to send in your Military Entry Form early. Entry forms are available at the Hickam Fitness Center, Health And Wellness Center (HAWC)



and various squadron. You may also go online and register at www.active.com.

When filling out the application, please use Military Branch of Service Code 580 on the form. This will help Air Force-Hawaii members earn \$1 back from the Great Aloha Run and it will be used for the Hickam community.

For the third year, there will be equal prize money for both the open and military divisions at the 21st Annual Great Aloha Run. There will be prize money for male and female categories: \$1,000 for 1st, \$500 for 2nd, and \$250 for 3rd place. There is a total of \$3,500 in prize money for each division.

Men who finished under 44 minutes and women who finish under 52 minutes can compete in a one meter race on the track inside the stadium. The cash prize awards will be \$500, \$300, and \$200. The race will begin after the award presentations at approximately 1030 hours.

For those who want to foster team spirit and camaraderie, there's an opportunity to run as a team —the military formation Sounds of Freedom run.

If your unit is interested in forming a "Sounds of Freedom" team, contact Maj. Edward Laferty, 449-7664 to obtain a

"Sounds of Freedom" sign-up form. Cost for participating in the "Sounds of Freedom" is only \$12 per person and includes the finisher's T-shirt. A minimum of 10 people must sign up for a unit/squadron "Sounds of

Freedom" team. The deadline for submitting "Sounds of Freedom" entries is Feb. 4. Trophies will be awarded for the top 3 male and female military finishers and largest unit running in formation. Buses for "Sounds of Freedom" participants will be provided free of charge.

Bus information from Hickam for individual runners will be provided in the future

For more information, contact Maj. Carol Lynn Shaffer at 448-6731 or carol.shaffer@hickam.af.mil.

Tips for the Great Aloha Run

1. Warm Up: Before running, important to increase bloodflow to working muscles. Examples: 3-5 minutes of fast walking, arm circles, holding stretches for 10-20 seconds.
2. Good Shoes: Do NOT run in basketball shoes. Ask a knowledgeable person at an athletic shoe store to assist you with the correct shoe for your foot. No need to buy expensive, trendy or brand name shoes. Good shoes will cost \$60-90. Try them on before you buy and run in them several times before the race, to break them in.
3. Conditioning: Have patience. Get into running gradually. Increase your distance gradually ie . Cross training is important to give muscles and rest and for general conditioning. Nutrition is important too. Many websites can help set up a running plan: www.runnersworld.com has a newsletter to help. Talk to your experts at the HAWC and Fitness Center for more guidance.
4. Running Surfaces: Don't run on sand or gravel or uneven terrain to prevent injuries. Run on surfaces similar to those you will run on during the race. Don't rely on treadmill running alone to prepare you for the race.
5. Hydrate: Be sure you drink sufficient water to keep yourself hydrated. Take advantage of the water stations along the route and at the end of the race.

For more assistance in preparing for the Great Aloha Run, talk to the experts at the HAWC and the Fitness Center.